

## Abstract of the Disclosure

A bucket **104** has a disc-shaped section **108** cut out of its bottom leaving a circular rim **116** with tabs **120** cut at intervals around the bottom of bucket **104**, and pushed inward retaining an inward protruding orientation.

A disc **128** has a diameter  $1/4$ " less than the inner diameter measured at the interior of the bottom of bucket **104**. From the center of disc **128**, a smaller disc-shaped section **132** is cut and removed to leave a circular ring **136**. Circular ring **136** is taken and placed into the interior bottom of bucket **104** so that circular ring **136** snaps into place below tabs **120**. Circular ring **136** is locked into place between tabs **120** and circular rim **116**.

A cord **140** is attached at a first end **144** to a handle **148** of bucket **104** by means of a swivel clip **152**. A second end **156** of cord **140** is attached in the same manner to a belt **160** worn by a swimmer **168** around the waist **164**.

The swimmer **168** swims while towing the claimed invention. As circular ring **136** restricts the passage of water channeled through bucket **104**, the result is a force from water resistance acting in a direction **172** that places resistance on swimmer **168** traveling in an opposite direction **176**, thus providing an overload to the muscles and producing the desired exercise or training effect.